



CITY OF SAN BRUNO  
COMMUNITY SERVICES DEPARTMENT  
**SAN BRUNO SENIOR CENTER**

1555 Crystal Springs Road, San Bruno, CA 94066 -- 650-616-7150

Hours: 8:00am - 4:00pm -- Monday - Friday

<http://www.sanbruno.ca.gov>

## November 2010

- Nov 1st**      **MONDAY - 1 - 2 pm SPEAKER:** John Moylan will discuss the history and process of constructing the Golden Gate Bridge.
- Nov 1st**      **MONDAY - Rosalie's NEW Tap & Jazz Schedule:** 12:15 - 1:10 Advanced Tap; 1:15 - 1:55 Beginning Tap; 2:05 - 2:50 Jazz; **2:55 - 3:25 NEW CLASS: "Want to Learn to Tap"**
- Nov 1st - 22nd**      **MONDAYS 8:30 - 9:30 am - ARTHRITIS FOUNDATION EXERCISE PROGRAM** with Kathy Schmidt, Certified Arthritis Exercise Facilitator. Pre-register for the four week class for \$15 or drop-in for \$5 per class.

### TWO-DOLLAR TUESDAYS IN NOVEMBER

**EAT! DANCE! MEET YOUR FRIENDS! 10:30 - 12:30 (SEE THE MENU PAGE FOR MORE INFORMATION)**

- Nov 2nd**      **TUESDAY 9am - Noon Flu Shot Clinic**, sponsored by Sutter VNA and Hospice. Medicare billing will be available for flu and pneumonia vaccinations for seniors (65+) who do not belong to an HMO or Medicare Advantage plan. HMO seniors and all non-seniors will be charged \$25 for a flu vaccination and \$45 for a pneumonia vaccination.
- Nov 2nd**      **TUESDAYS - 12:30 - 1:15 PM BEGINNING COUNTRY LINE DANCING** with Kathy. Drop-in fee is \$3 per class for residents/\$3.50 non-residents.
- Nov 3rd**      **WEDNESDAY - Wii BOWLING! 10:30 - Noon Open Play** for everyone.
- Nov 3rd & 17th**      **WEDNESDAY - FREE MENS HAIRCUTS 2:45 - 4:45 pm (2010 - Senior Center Members)**
- Nov 5th**      **FRIDAY - 9:30 am "Young Victoria"** - This movie is based on the courtship and early reign of England's longest-serving monarch.
- Nov 5th**      **FRIDAY - Happy Hour - Join us for a Turkey Dinner, Drinks and Dessert plus music & dancing with "Full House" 3-Piece Band.** Tickets: \$5 in advance at the Reception Desk or \$6.00 at the door
- Nov 9th**      **TUESDAY - Blood Pressure/Glucose Screening 9:30 am - 11:00 am**
- Nov 10th**      **WEDNESDAY - EYEGLOSS REPAIR / HEARING AID CLEANING 10:00 - Noon.**
- Nov 10th**      **WEDNESDAY - 10:30am "Maintain Your Brain"** by the Alzheimer's Association. This free one-hour interactive workshop will feature nutritional & lifestyle advice, strategies to keep your memory sharp, interactive activities and materials to take home for further reading.
- Nov 11th**      **THURSDAY - The Senior Center is CLOSED for Veterans Day**
- Nov 12th**      **FRIDAY - 11 am Sing Along - Favorite tunes with Diana and Jay.**
- Nov 12th**      **FRIDAY - 1:00 pm Ping Pong open play** for everyone!
- Nov 17th**      **WEDNESDAY - Wii BOWLING! 10:30 - Noon Open Play** for everyone.
- Nov 19th**      **FRIDAY - Thanksgiving Party 10:30 - 12:30 Recommended Donation: \$5 in advance/\$6.50 at the door.** Turkey lunch and dancing to the Nice 'n' Easy Band
- Nov 19th**      **FRIDAY - Blood Pressure/Glucose Screening 9:30 am - 11:00 am**
- Nov 24th**      **WEDNESDAY - EYEGLOSS REPAIR ONLY. No Hearing Aid Cleaning 10:00 - Noon.**
- Nov 25th & 26th**      **THURSDAY & FRIDAY - The Senior Center will be closed for Thanksgiving Holiday**

### COMING IN DECEMBER 2010

\* Dec 17th Holiday Party \* Dec 29th "End Of The Year Party" \*Dec 10, 23, 24 & 31st Senior Center will be closed









